

ABSTRACT OF THE DISCLOSURE

An optical recording medium includes a substrate and a plurality of recording layers laminated via at least intermediate layers, at least one
5 of the recording layers other than a recording layer farthest from a light incidence plane among the plurality of recording layers containing at least one metal M selected from a group consisting of Ni, Cu, Si, Ti, Ge, Zr, Nb, Mo, In, Sn, W, Pb, Bi, Zn and La and an element X which can combine with the metal M upon being irradiated with a laser beam for recording
10 data, thereby forming a crystal of a compound of the element X with the metal M. According to the thus constituted optical recording medium, it is possible to record data in and reproduce from a farthest recording layer from a light incidence plane in a desired manner and it is possible to record data in and reproduce from recording layer(s) other than the
15 farthest recording layer from the light incidence plane in a desired manner.